

HAPPENINGS in the CITIES

Ninety-Nine—and Planning His Future



"Avoid all worry and keep a harmonious mind. Worry is among the worst things in the world. It is a strong will power. Always look for the new, keep calm."

On his ninety-ninth birthday anniversary Doctor Peebles walked erect, only occasionally using a cane; his sight was good, although he used spectacles for reading; his hearing "as good as ever," and his appetite and digestion he declared excellent. His long white beard and hair gave him a truly venerable appearance. What his plans for the future were, he replied:

"To live a number of years more and to write at least another book. This will be on the progress of the world as it is preached, showing how preachers are leaving hell, brimstone, purgatory and many other old-time dogmas behind." Then he added:

"In every marble block there is an angel's face awaiting the sculptor's chisel. God is good. There is no absolute evil in the universe, because God made it."

Doctor Peebles was born March 23, 1822, at Wallingford, Vt., and grew up in the town of Oxford, New York, in 1841. He has traveled around the earth five times.

A Second Solomon Come to Judgment

LAKE FOREST, ILL.—What type of girl appeals to a wholesome boy? What things do boys object to? What qualities have the ideal girl? Floyd Brown, director of the Young Men's Club of Lake Forest, who says he has had lots of experience with girls, having been engaged three times before he married, answers all these questions. On invitation he spoke to 150 girl students of a fashionable seminary.

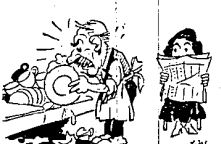


"Boys do not like girls who talk loud, chew gum in public, powder their noses or cross their legs in public, or flirt with other men while under escort," he said. "They like silk stockings and shapely legs, but girls who exhibit these do not make much of a hit."

"Paint and powder may help at times, but a boy likes best the ruddy natural complexion. He likes a girl who is clean, neat, and who is not a reformer. She is a good listener. She is self-respect. She doesn't have to be pretty, though good looks add a certain charm. She is not a gossip, though every body confides in her."

"Always have a bright face and wear a fresh, clean dress for your husband when he comes home. Never let him see you in an untidy kimono and with your hair away."

New York Jails Likely to Be Crowded



Take care of the children one hour every day. Buy candy and fruit for the wife and children once a week. Stay home one night a week. Take the family out every Sunday to church in the morning and for a walk in the afternoon. Allow the wife to handle the finances of the family. Start a savings bank account. Wait on himself instead of asking the wife to wait on him. Repeat every day to his wife, at least once, his marriage vows. Wash the dishes every night. Magistrate Koehndorfer says that few men recognize the daily monotony of a woman's life in keeping a household together on small pay. The men have some variety even if only going from their homes to their offices, but the wives are sentenced to monotonous drudgery.

"Men who abuse their wives need waking up more than they need jail," the magistrate expounded. "The average man would be cured permanently if he could be set to the tasks to which his wife is committed and thus learn how much less attractive is her day than his."

Suspenders in Gotham—But Not Chicago

CHICAGO.—The artless and touch-trailing design of forget-nots on a pair of suspenders for the young spruce is the latest wrinkle in New York, but woe to the trouble-maker who attempts such a thing in Chicago, say State street authorities.



The male species has a perfect right to go back to a primitive and logical method of holding up its constitutions, elsewhere, if it wants to, but it just isn't being done in Chicago. Unless, says H. Young, it is done under cover.

"It's like this," said Mr. Young. "You either wear suspenders and keep your feet on the ground, or you buy what looks like the latest thing in harness."

"It goes on under the shirt and it has an equipt arrangement of straps that fit over your shoulders and is adjusted over your chest and the sides. But now a man under forty will wear them and only 20 per cent of those over forty."

"As for the suspenders being in fashion this year, and embroidered flowers at that, it just isn't possible. It was a long time ago, say 20 years,

RURAL HOUSEWIVES ARE TAUGHT TO APPLY BUSINESS PRINCIPLES



Home Demonstration in the Kitchen.

(Prepared by the United States Department of Agriculture.)

Home demonstration work, though comparatively new, is looked upon as permanent, so beneficial have been the results obtained by home demonstration agents working in rural homes. The fundamental purpose of this work, according to a report just issued by the United States Department of Agriculture, is to assist the rural housewife to apply business principles to her daily tasks for the purpose of making the farm home as efficient as the farm, thereby producing a more satisfactory and permanent type of rural life. The report referred to is Department Circular 141, which deals with the results of home demonstration work in the 33 northern and western states.

Because Co-operative Movement. The work actually began in August, 1914, when an agent was appointed in Erie county, N. Y., on state funds. In 1915 it became a co-operative movement, supported by federal, state and local funds. During that year 49 agents were appointed. In 1916 the number had grown to more than 600. The war emergency funds were cut off and in the following year this number dropped to 256. Although in this year state and federal funds were reduced nearly one-half, the appropriations made by the local people for home demonstration work nearly doubled, and agents were retained in direct response to requests from the people whom they served, according to the circular.

Home demonstration agents afford an avenue by which the state agricultural colleges and the United States Department of Agriculture offer the practical results of their research and experiments in home economics to housewives of the country. These agents encourage the rural housewife to bring from their stores of practical knowledge and experience the lessons they have learned in home management that will be valuable to other women in the community, and so help to make this information available to all. The home demonstration agent is a teacher who makes liberal

use of practical demonstration rather than the lecture or text book.

The most successful home demonstration agents, according to the circular, aim to train local leaders who, by putting the best practices into their own homes, extend the instruction to larger numbers of women. At least two-thirds of the agent's time is spent with farm women in their homes, discussing the varied phases of housekeeping and other matters in which farm women are interested. Aside from interesting women in better home management, modern conveniences, food products, and preservation, the agent is also interested in the selection and making of clothing, the agents are devoting their efforts to promoting community enterprises.

Three types of co- enterprises are developed: The economic type which includes food preservation, the hot school lunch, co-operative laundries, co-operative buying, and selling associations, labor-saving devices, and sales clubs. The social type is concerned with such things as recreation centers, civil improvement, and rest rooms. The educational type embraces farm home tours, libraries, and magazine circles and the like.

Local Aid in Extension. A county organization, if extension work which desires the appointment of a home demonstration agent should first communicate with the extension service at the state agricultural college or with the agricultural agent in the county, the circular suggests. It is necessary for the local organization or county to give some financial support to the home demonstration agent, though the greater part is supplied by the state and federal funds. To supply that share which is required of the local organization, there have been organized within the past two years in the majority of the 33 northern and western states what are popularly known as the "family" or "new" farm bureau. This is an association of people interested in rural affairs, the membership of which comprises men, women, and young people who generally pay a uniform membership fee of \$1 a year.

PUTTING MORE MILK IN FOOD OF FAMILY

Numerous Dishes Are Enumerated by Home Specialists.

Milk, Meat, Cream Soup, Creamed Vegetables, Fish and Scalloped Dishes Are Favored—Recipe for White Sauce.

Milk, meat, cream soups, creamed vegetables, fish and scalloped dishes are all good ways of putting more milk into the daily food of the family, say home economics specialists in the United States Department of Agriculture. The milk in most home cooking is thickened into a sauce, thick or thin. To make the sauces, melt the fat, stir in the flour, and the milk gradually, and cook until thickened, stirring constantly unless a double boiler is used. All measurements are level in these recipes.

Thin White Sauce.

1 cup milk 1/2 teaspoon salt
1 tablespoon flour 1/4 teaspoon pepper

Medium White Sauce.

1 cup milk 1/2 teaspoon salt
2 tablespoons flour 1/4 teaspoon pepper

Thick White Sauce.

1 cup milk 1/2 teaspoon salt
3 tablespoons flour 1/4 teaspoon pepper

For milk toast and with vegetables use the thin sauce. For scalloped or creamed vegetable and meat dishes use the medium sauce. The chief use for the thick sauce is in a binding material in croquettes and loaves.

BALANCED RATIONS FOR MAN

Fruits, Vegetables, Whole Grains, Milk, Eggs, Butter and Nuts Are Most Healthful.

How many human beings eat balanced rations? The best foods for health and strength are fruits, vegetables, whole grains, milk, eggs, butter and nuts, which make up most of the human diet. The diet should be eating artificial, sugary, white flour, polished rice, peeled potatoes—these are said to create acidosis which is the forerunner of many serious diseases.

IMPROVED UNIFORM INTERNATIONAL

Sunday School Lesson

By REV. F. B. FITZWATER, D. D.,
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LESSON FOR JULY 17

THE CONVERSION OF SAUL

LESSON TEXT—Acts 9:1-19.
GOLDEN TEXT—This is a faithful saying, and worthy of all acceptance, that Jesus came into the world to save sinners; of whom I am chief.—1 Tim. 1:15.
REFERENCE MATERIAL—Acts 21:27-28.
PRIMARY TOPIC—Learning to Obey Jesus.
JUNIOR TOPIC—Saul Becomes a Christian.

INTERMEDIATE AND SENIOR TOPIC—The Pharisee Becomes a Christian.
YOUNG PEOPLE AND ADULT TOPIC—A Study of Paul's Conversion.

1. Saul's Burning Hatred of Jesus

Saul knew full well that unless the movement set on foot by Jesus was stopped it would supersede Judaism, but he was entirely ignorant of the genius of Christianity. Christianity thrives on persecution. Prosperity may ruin the church, but persecution never.

The noble display of faith by Stephen in sealing his testimony with his blood did not soften Saul's spirit, but rather intensified his hatred for Jesus and His disciples. It made him more determined than ever to stamp out this Nazarene heresy. The intensity of his madness and the extent of his operations are best set forth in his own words (see Acts 23:4 and Acts 26:10-12). He obtained authority from the chief priests to carry on this murderous work.

1. Saul's Burning Hatred of Jesus (vv. 1-3). The figure here is that of the eastern ox-driver following the ox with a sharp iron fixed to the end of a pole. The animal is prodded on with this instrument and if it is recalcitrant it bites against his sharp iron and injures itself. This is a picture of Saul as he was madly fighting against Jesus.

2. A light from heaven (vv. 3, 4). The time had come for the Lord to interfere. Saul is stricken with blindness and falls to the earth. This physical demonstration accentuated the workings of his conscience which doubtless were going on, quickened by the Holy Spirit as He used Stephen's testimony.

3. A voice from heaven (vv. 4, 5). This was the Lord's voice calling Saul by name and asking, "Why persecutest thou me?" This moved Saul to inquire, "Who art thou, Lord?" The answer came, "I am Jesus whom thou persecutest," as if to say persecution of the church is persecution of Jesus.

4. Saul entering Damascus (vv. 6-9). The haughty persecutor gets quite humbly into Damascus led by his attendants. For the space of three

poisoned with arsenic. The birds grow plumper whole wheat, oats, and cracked wheat. The chick feed.

POISON BAIT FOR CUTWORMS

Cutworms appear in early spring and cut off the stems of young plants at the surface of the ground. They are quickly destructive. The best remedy is poisoned bait. For a small garden mix two level tablespoons of white arsenic, arsenate of lead, or Paris Green mixed with bran is effective.

SOLE OF SHOES WATERPROOF

One ton of silage is equal to about 225 pounds of corn and 613 pounds of clover hay for dry cows. One ton of silage is equal to 144 pounds of corn and 330 pounds of clover hay for fattening lambs. These figures are calculated from Wisconsin experiments.

VALUE OF SILAGE

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POULTRY NOTES.

Oats are as good an all-round feed as can be had but should not be fed exclusively.

The best tonics you can give your stock are fresh air, exercise and a variety of foods.

Kerosene the roosts, upper and under side, once a week. Also the nests every couple of weeks.

Idleness cannot be classed as a disease, but it certainly is a condition the quickly leads to disease and lack of thrift.

Thousands Have Kidney Trouble and Never Suspect It

Applicants for Insurance Often Rejected.

Judging from reports from druggists who are constantly in direct touch with the public, there is one preparation that has been very successful in overcoming these conditions. The mild and healing influence of Dr. Kilmer's Swamp Root is soon realized. It stands the highest for its remarkable record of successful cures.

An examining physician for one of the prominent Life Insurance Companies, in an interview on the subject, made the following statement that one reason why so many applicants for insurance are rejected is because kidney trouble is so common to the American people, and the large majority of those whose applications are declined do not even suspect that they have the disease.

Dr. Kilmer's Swamp Root is on sale at all drug stores in bottles of two sizes, medium and large. However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.

His Advice. A young woman was on a motoring trip, when the smell of smoke became perceptible. The man at the roadside garage told them it was a hot box. "It'll take me about 20 minutes to fix it," he said.

The owner stood watching him a minute as he got to work; then he said: "By the way, while you're about it, I wish you'd grind the valves, take up a foot brake and fill all the grease caps. You'll have to work lively. I'll give you just half an hour."

The man crawled from under the car and stood up. "As long as you're in such a hurry, miss," he said grimly, "I reckon you'd better get your horn jacked up and run a new car under it."—Ladies' Home Journal.

Culicars Comforts Baby's Skin

When red, rough and itching with hot baths of Cuticura Soap and touches of Cuticura Ointment. Also, make use now and then of that exquisitely scented dusting powder, Cuticura Talcum, one of the indispensable Cuticura Toilet Trio.

With a Preview. One Saturday morning a friend of mine served her husband and two small sons a hearty hot dinner at one o'clock.

When supper time came she said to the boys: "Don't go to bed without a good wash with Cuticura. It will have something light and airy."

The young boy, Clarke, who has a healthy appetite, immediately said: "That light and airy stuff is all right, except, if you have lots of it."—Exchange.

Sure Relief

ARMY WOMAN—"Why are you following that man?"

CUT WORMS—Cut worm. He has a seed catalogue under his arm.—Life.

OF INTEREST TO THE HOUSEWIFE

Always remove stains before washing. Always remove stains before washing. Always remove stains before washing.

A plan of using a little less water will make a store policy means of control stay on.

A salad made with hopped cabbage and grated raw carrots is delicious.

An asparagus stalk is edible only for down the stem of it will snap off between the hands.